

# Low Fat Cooking With *fish*

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## PAN-SEARED COD OVER VEGETABLE RAGOUT

For Four Servings

- 2-1/2 teaspoons olive oil, divided
- 1/2 cup diced prosciutto (about 2 ounces)
- 3 garlic cloves, minced
- 4 cups thinly sliced shiitake mushroom caps (about 10 ounces)
- 1-1/2 cups chopped leek
- 3 cups diced plum tomatoes (about 1 pound)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 (10-ounce) package fresh spinach, coarsely chopped
- 1 cup torn fresh basil leaves
- 4 (6-ounce) cod or other firm white fish fillets (1 inch thick)
- 1 tablespoon all-purpose flour



This easy-to-fix skillet dinner elevates plain white fish to the height of good taste as the fish is incorporated into a Mediterranean-style ragout chock-full of tasty ingredients such as prosciutto and shiitake mushrooms.

1. Heat 1/2 teaspoon olive oil in a large nonstick skillet over low heat. Add the prosciutto; sauté 5 minutes. Stir in garlic; remove from pan. Set aside.
2. Heat 1 teaspoon olive oil in pan over medium-high heat. Add mushrooms and leek; sauté 8 minutes. Stir in tomatoes, salt, and pepper. Gradually add the spinach to pan, and stir until spinach is wilted (about 3 minutes). Stir in the prosciutto mixture and basil. Remove from pan; cover and keep warm.
3. Heat 1 teaspoon olive oil in pan over medium-high heat. Dredge fillets in flour. Add fillets to pan; sauté 3 minutes on each side. Cover and cook 2 minutes or until fish flakes easily when tested with a fork. Divide spinach mixture among 4

plates; top with fillets. Yield: 4 servings (serving size: 1 fillet and about 1 cup ragout).

*CALORIES 287 (20% from fat); FAT: 6.4g (sat 1.2g, mono 3g, poly 1.4g); PROTEIN: 39.1g; CARB 20g; FIBER: 5.9g; CHOL 82mg; IRON: 5.3mg; SODIUM: 525mg; CALC 146m*



## FISH VERONIQUE

For Four Servings

- 1 lb white fish (such as cod, sole, or turbot)
  - 1/4 tsp salt
  - 1/8 tsp black pepper
  - 1/4 C dry white wine
  - 1/4 C chicken stock or broth, skim fat from top
  - 1 Tbsp lemon juice
  - 1 Tbsp soft margarine
  - 2 Tbsp flour
  - 3/4 C low fat or skim milk
  - 1/2 C seedless grapes
  - As needed nonstick cooking spray
1. Spray 10- x 6-inch baking dish with nonstick spray. Place fish in pan and sprinkle with salt and pepper.
  2. Mix wine, stock, and lemon juice in small bowl and pour over fish.
  3. Cover and bake at 350 F for 15 minutes.
  4. Melt margarine in small saucepan. Remove from heat and blend in flour. Gradually add milk and cook over moderately low heat, stirring constantly until thickened.
  5. Remove fish from oven and pour liquid from baking dish into "cream" sauce, stirring until blended. Pour sauce over fish and sprinkle with grapes.
  6. Broil about 4 inches from heat for 5 minutes or until sauce starts to brown.

*Calories: 166 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 61 mg Sodium: 343 mg Total Fiber: Less than 1 g Protein: 24 g Carbohydrates: 9 g Potassium: 453 mg*



## BAKED SHRIMP WITH FETA CHEESE

For Four Servings

- 1 teaspoon olive oil
- 3/4 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper
- 1 pound medium shrimp, peeled and deveined

- 3 garlic cloves, minced
- Cooking spray
- 1/2 cup dry white wine
- 3 cups diced plum tomatoes (about 3/4 pound)
- 3/4 cup (3 ounces) finely crumbled feta cheese
- 4 cups hot cooked linguine (about 8 ounces uncooked pasta)
- 1/4 cup minced fresh parsley

1. Preheat oven to 350 degrees.

2. Heat oil in a large nonstick skillet over medium-high heat. Add the oregano and the next 4 ingredients (oregano through garlic); sauté for 3 minutes. Spoon the shrimp mixture into an 11 x 7-inch baking dish coated with cooking spray.

3. Add wine to skillet; cook over low heat until reduced to 1/4 cup (about 3 minutes). Stir in tomato, and pour over the shrimp mixture. Sprinkle with cheese, and bake at 350 degrees for 10 minutes. Serve mixture over pasta, and sprinkle with parsley. Yield: 4 servings (serving size: 1 cup shrimp mixture, 1 cup pasta, and 1 tablespoon parsley).

*CALORIES 404 (19% from fat); FAT 8.7g (sat 3.8g, mono 2.3g, poly 1.5g); PROTEIN 29g; CARB 51.8g; FIBER 3.1g; CHOL 148mg; IRON 5.5mg; SODIUM 677mg; CALC 182mg*

